

# Lento

拍數: 48      牆數: 2      級數: Beginner  
編舞者: Linah Lunardi (INA) - February 2023  
音樂: Lento - Daniel Santacruz



**Intro : 8 Counts - Start dancing after a voice saying "123.." Start with weight on L foot  
No Tags, No Restarts**

## **(1-8) BOX STEP SIDE RIGHT**

12            Step RF to R, Step LF next to RF  
34            Step RF forward, Touch LF next to RF  
56            Step LF to L, Step RF next to LF  
78            Step LF back, Touch RF next to LF

## **(9-16) HIP SWAYS, STEP RIGHT, TOGETHER, STEP RIGHT, TOUCH**

1-4           Step RF to R swaying hip RLRL  
56            Step RF to R, Step LF next to RF  
78            Step RF to R, Touch LF next to RF

## **(17-24) BOX STEP SIDE LEFT**

12            Step LF to L, Step RF next to LF  
34            Step LF forward, Touch RF next to LF  
56            Step RF to R, Step LF next to RF  
78            Step RF back, Touch LF next to LF

## **(25-32) HIP SWAYS, STEP LEFT, TOGETHER, STEP LEFT, TOUCH**

1-4           Step LF to L swaying hip LRLR  
56            Step LF to L, Step RF next to LF  
78            Step LF to L , Touch RF next to LF

## **(33-40) WALK BACK 2x, ROCK BACK RIGHT, WALK FORWARD 2x, ROCK FORWARD RIGHT**

1-4           Walk back RL, Rock RF back, Recover onto LF  
5-8           Walk forward RL, Rock RF forward, Recover onto LF

## **(41-48) ROCK BACK RIGHT, SHUFFLE FORWARD RIGHT, ROCK FORWARD LEFT, SHUFFLE 1/2 TURN LEFT**

12            Rock RF back, Recover onto LF  
3&4           Step RF forward, Step LF next to RF, Step RF forward  
56            Rock LF forward, Recover onto RF  
7&8           Turn 1/2 L stepping LF forward, Step RF next to LF, Step LF forward

**Get your groove on and happy dancing!**

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